

2018 GHS Mountain Bike Team

Appropriate Behavior and Character Expectations for Gunnison High School MTB Team

By being part of our team, you agree to:

1. Always strive to grow as a person, a student, and a mountain biker.
2. Represent Gunnison High School by exhibiting a supportive and encouraging team attitude at all times.
3. Show respect to coaches, teammates, other competitors, and parents.
4. Abide by all rules and policies set by the coaching staff and school administration and the National Interscholastic Cycling Association.
5. Be on time and ready to participate in all practices.
6. Inform coaching staff of any behaviors or actions that warrant disciplinary action.
7. Accept consequences with maturity and empathy.
8. Be honest and upfront. Your coaches and teammates are committed to listening to you, provided that you communicate clearly. If you have a problem, you are expected to maturely address the persons involved and communicate concerns. Let your coaches know if you need support with this.
9. Be clear on your priorities. Maintain excellent grades and complete family responsibilities.

Rules and Expectations of Gunnison Cowboys MTB Team

1. Practice is mandatory. If you know that you will be unable to attend a practice, you must notify the coach **in advance**. (While practice is mandatory, we understand that each of us has a lot going on. Communicate your needs with your coaches. We want you to achieve excellent school/athletics/family balance!)
2. All riders are expected to be on time for all practices. We roll out at 4:00!
3. Riders who have not completed the following may not participate in practices. All the paper work needs to be completed and submitted by May 31, 2018. Submissions will be done on the NICA site and on a new site that CHSAA website.
 - NICA registration,
 - Athletic Physical Exam
 - Gunnison High School Athletic Packet paperwork
 - Emergency Card
 - the last page of this document, **signed**
4. Unexcused absences at practices will result in a meeting with the coach and parents during which we will assess your commitment to the team and whether continued participation in the team is appropriate.

5. It is mandatory for parents and riders to attend the fall sports meeting. TBA.
6. School transportation is not provided to attend races. Parents and riders must make arrangements to transport themselves to competitions.
7. Practices are 4:00p.m.-6:00 p.m. Monday through Thursday the week of races, **rain or shine**
8. There will be no Monday practice the week following a race.
9. Practice will be held rain or shine. Riders shall be prepared for alternative work out activities in case of inclement weather (running, weight room, yoga, etc.) You may keep extra gym-type clothes in the clubhouse if you wish.
10. Since practice is held rain or shine, all riders will also come prepared to ride in the rain. (See required gear list)
11. Riders shall contact coaching staff personally if they are very ill or have a family emergency. (procrastination is not an excuse to miss practice - much less an actual race)
12. Riders who do not finish the season in good standing may not attend the banquet ceremony.

Required Gear List

All riders must bring the following to each practice. Failure to do so may result in an unexcused absence from practice:

- Helmet
- Water
- Nutritious Snacks (gummy bears count!)
- Closed-toe athletic shoes or Cycling Shoes
- Sunglasses
- Spare Tube (that fits your tire size!)
- Tire levers
- Pump/CO2
- Multi-tool
- Rain Gear
- Gloves
- Pack to carry your gear
- Fully functional bike intended for off-road riding

Fees

The Gunnison High School athletic fee associated with the Mountain Bike team is \$100. This includes your coaching staff and access to the clubhouse, as well as a rental jersey for the season. Participating in at least three of the four (plus state championships) races qualifies you to keep your jersey!

Traveling

REMEMBER!! We are representing of the town of Gunnison, GHS, and the mountain bike program. Any action, said or done, is a reflection of you, your team, your coaches, your parents, your school, and your community. Riders are expected to show respect and excellent citizenship at all times, even when not riding. Any conduct deemed inappropriate or detrimental to the team by the coaching staff or other school officials will result in immediate and possibly permanent suspension from the team.

Overnight trips are part of the mountain bike team schedule and experience. When we travel for races, our first priority is to fully participate in the event. You are expected to be on time and fully present for pre-rides and race times. And always remember to have fun and encourage your teammates...as well as the competition!

Everyone on the team helps share in the camp set up and meal preparation. The team normally has dinner together that is pre-planned by coaching staff, team members, and parents. Breakfast meals are on your own. The organization of camping accommodations is a team effort by coaching staff, team members, and parents. For those who need camping equipment or supplies. It is available for rent through GHS Outdoor Education Program at low cost.

Academic Policy

To be eligible for competition, riders may not have more than one "F". Every Tuesday, a grade report is issued to coaches to determine eligibility for that week. Please refer to the "Athletic Code" for more detail on eligibility requirements. Status cannot change for that week regardless of efforts made to improve the grade.

Concerns/Complaints/Questions

As a staff, we take parent/athlete concerns very seriously. If a rider and/or their parent(s) question staff or program logistics, the following chain of command has been established for voicing concerns.

1. It is best to address the concern directly with the staff person or coach in question, seeking resolution.
2. If the 1st step has proven ineffective or cannot be done, concerns must be directed to Leo Malloy. Please call to set up a meeting time in order to optimize communication. Coaching staff cannot have these meetings during competitions, or practices.

3. Should further discussion be warranted; the rider and parents, Leo Malloy, and possibly the Athletic Director will then have a scheduled conference to seek resolve. Coaches and staff reserve the right to place any athlete on a behavior contract if deemed necessary.

This process is crucial to allow every opportunity for solving problems, building team cohesiveness, trust, communication, and to maintain integrity and character. Riders, parents, and coaches are expected to abide by these standards. We understand that opinions may differ, but we can agree that we all want what is best for our team and our riders. There is no room for rumors, gossip, or non-purposeful complaints.

Contact Information and Times

Any problems, concerns, or questions that are not emergencies, please contact Bryan Dillon or Leo Malloy at a reasonable hour (not past 8:00 p.m.).

Bryan Dillon

cell: 870-986-2266

email: bryandillon@westernalum.org

Leo Malloy

Cell: (970) 281-2128

Office: 970-641-7700 ext.3405

E-mail: lmalloy@gunnisonschools.net

In case of an emergency call at any time.

I have read and understood the above Rules and Expectations for the 2018 Gunnison High School Mountain Bike Team. I commit to participating to the best of my ability and to living up to these rules and expectations.

Student Signature

date

Parent Signature

date